

# Reduce stress in lockdown

FEELINGS. Write the feelings you had or have faced during the quarantine.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What activities do you do to reduce the stress in lock down? Write a paragraph to describe a routine.

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## Record

Read your paragraph and record your voice in <https://vocaroo.com/>

Paste here the link \_\_\_\_\_

By Isa Medina